

# InShape

## West Valley City Fitness and Recreation Center News



### ***Dog Days of Summer 2013***

Saturday, August 24  
12:00 - 3:00 p.m.

Small dogs only (under 25 pounds) from  
12:00 p.m. to 12:30 p.m.

If your best friend is a jumper, enter them in the  
Doggy Long Jump contest from  
12:30 p.m. to 1:00 p.m.

If your best friend is a fast swimmer enter them in the  
Doggy Paddle race from 1:30 to 2:00 p.m.

Each dog will get a doggy bag of goodies and there  
will be prizes given throughout the event.

Admission fee is \$4.00 OR \$3.00 plus an item for the  
West Valley City Animal Shelter



### ***K9-2K***

Saturday, August 24, 2013  
Race starts at 10:30 a.m.

Register at the Family Fitness Center, by mail  
(must be postmarked by August 17th), or day of race.

Entry Fee: \$10 per dog; includes admission to Dog  
Days event, a gift for each participating dog,  
prize drawing and ribbons 3 deep.

Entries received after August 17, 2013  
will have a \$5 late fee added.

***Coaches Needed:***  
***Volunteer Coaches needed. Call***  
***801-955-4012 to volunteer.***  
***Training and materials provided.***

### ***West Valley Dance Force***

The Family Fitness Center offers all formats of dance, including ballet, hip-hop,  
jazz, cheer, tap, and more! Adult classes are also available.

For more information, call (801) 955-4030.

### ***Personal Training***

Members, don't forget to use your  
FREE 30 minute fitness evaluation  
coupon you received upon joining  
or renewing your membership at  
the West Valley City Family Fitness  
Center.

Personal Training Programs  
Available:

Fitness evaluations, body  
composition testing, individual  
personal training & equipment  
orientation.



### ***Let's Be Social!***

Like the West Valley Family Fitness  
Center on Facebook at  
[facebook.com/wvcfamilyfitnesscenter](https://facebook.com/wvcfamilyfitnesscenter)

### ***TAE KWON DO***

Ages 8 and older

A fitness program for the whole family with four black belt instructors!  
(Other forms of martial arts are taught)

Classes held on Tuesdays and Thursdays:  
New/Beginner Students - 7-7:45 p.m.  
Intermediate/Advanced Students - 7:45-8:30 p.m.

Fees: Members - \$30 per month;  
Non-members - \$40 per month

### ***Host Your Next Birthday Party at the Family Fitness Center***

Let the staff of the West Valley City  
Family Fitness Center take the stress  
out of planning your next birthday party.  
With three packages to choose from,  
there's no better way to celebrate!

Party options start at \$70. Call  
801-955-4000 for more information.

Reservations must be made  
one week prior to event.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.wvc-ut.gov/fitnesscenter](http://www.wvc-ut.gov/fitnesscenter)

Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 4 p.m.

Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.

Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.